

Name: _____

Period: _____

Dietary Guideline #6
Carbohydrates & Fiber

Directions: Fill in the missing blanks while watching the PowerPoint on Carbohydrates.

- It is recommended that _____ of our diet should come from carbohydrates.
- Fiber is composed of _____ carbohydrates.
- Fiber rich diets have many benefits including decreased risk of _____ heart disease, _____, and even lowering the risk of Type 2 _____.
- Sugars and Starches are carbohydrates that supply _____.
- Sugars are both naturally found in some foods and other times it is _____ as sugar itself and also as _____.
- It is more healthy to choose carbohydrates that are _____ found in foods like fruits, vegetables, _____ and whole _____.
- _____ are dried beans and peas and should be eaten _____ times per week.
- Legumes are a good _____ of carbohydrates, they are full of _____ and complex carbohydrates.

Key Recommendations

- Choose _____ fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little _____ sugars.
- Reduce cavities by practicing good _____ hygiene and consuming sugar rich foods less _____.

Activity #1: Categorize the following foods as food with natural sugars and those with added sugars or with natural and added sugars.

*Milk	*Orange Juice	*Apple	*Apple Pie	*Sucker
*Cookies	*Banana Cream Pie	*Pudding	*Orange	*Oatmeal
*Chex	*Froot Loops	*Yogurt	*Chocolate Milk	*Root Beer

Natural Sugar	Added Sugar	Natural & Added Sugar

Activity #2: Following is a list of sugars found in food. Using the 3 cereal labels and 4 other food labels, read the ingredient lists and write down all the sugars on the label. Answer the questions at the end.

List of sugars found in foods

Brown sugar	Invert sugar
Corn sweetener	Lactose
Corn syrup	Maltose
Dextrose	Malt syrup
Fructose	Molasses
Fruit juice concentrates	Raw sugar
Glucose	Sucrose
High-fructose corn syrup	Sugar
Honey	Syrup

OVER

Food	List of Sugars on Label	Total # of Sugars
Cereal:		
Cereal:		
Cereal:		
Food #1:		
Food #2:		
Food #3:		
Food #4:		

Which food had the most sugars? _____

Which food surprised you at how much sugar it had? _____

Is it easier to see how people can eat 125 lbs. of sugar a year? _____

What are 2 ways you can cut down on sugar in your diet? _____
